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# ❖ The Strawberry Vine ❖

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Alice E. Souza,  
Executive Director

November, 2004

Tel. 508-823-0095  
[www.dighton-ma.gov](http://www.dighton-ma.gov)

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## **SERVING ALL DIGHTON CITIZENS OVER 60 YEARS OF AGE**

The purpose of the Council on Aging is to help and serve it's seniors. There is no membership. Everyone is invited to participate in all activities at the senior center. Come by and enjoy.

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### **FLU CLINIC**

**Due to the uncertainty of the influenza supply, the Annual Flu Clinic has been cancelled. If we do receive the vaccine, which does not look promising at this point, we will post a notice in the next newsletter. We have been instructed to refer you to your own private physician.**

### **CHICKEN SOUP FOR THE SOUL**

With the cold and flu season fast approaching, it's good to know that there's a simple, traditional and delicious way to help yourself to feel better—chicken soup! Research shows that compounds in chicken soup have an effect on neutrophils, one of the types of white blood cells that help to fight off infections. When you have a cold, neutrophils join your body's all-out attack on the virus. But, in the process, neutrophils can trigger inflammation and congestion—two big causes of cold-season misery. The effects of chicken soup may reduce this discomfort. These benefits are in addition to everything we already love about chicken soup when we're ill—the hot broth soothes sore throats and keeps you hydrated, the steam helps you breathe easier, and the soup is full of nutrients. Homemade and store-bought brands both seem to work. So eat up!

## **HAPPY THANKSGIVING**

### **From the Council on Aging and Prime Time**

### **VETERANS LUNCHEON**

In honor of Veterans Day, the Council on Aging would like to honor our Veterans with a delicious, hot lunch of Stuffed Chicken Breast, sweet potatoes, green beans and dessert. Lunch will be served at 11:30 a.m. on Wednesday, November 10, 2004 at Prime Time. There is no charge for lunch but reservations are required. If you would like to join us, please call 508-669-6272 by Monday, November 8th to reserve your seat.

### **CHRISTMAS LUNCHEON**

You are cordially invited to a Christmas Luncheon and Show at the Venus deMilo Restaurant, Route 6 in Swansea, MA. This luncheon/show will feature the Bobby Justin Band. This is a Dighton Council on Aging sponsored event and is open to all Dighton residents age sixty and over and will be held on Thursday, December 9, 2004 from 12:00 to 4:00 p.m. The cost is \$10 and will include a choice of Boneless Breast of Chicken or a Scrod Dinner, Minestrone Soup, potato, vegetable, coffee and dessert. This is a \$20 value! If interested, please come in to register and pre-pay by November 30.

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**BLOOD PRESSURE SCREENING**

Blood pressure screenings will be held on Tuesday, November 16, 2004 at Lincoln Village. Please call 508-823-0095 for an appointment. The next blood sugar screening will be held in January.

**“WELLNESS CLINIC”**

A wellness clinic will be held on Tuesday, November 16th during our blood pressure and blood sugar screening. The scheduled topic to be addressed will be “Influenza Information.” Feel free to drop by.

**MASSAGE THERAPY**

A chair massage is a 15 minute Japanese Acupressure massage of the head, neck, shoulders, back, arms, and hands. The recipient is fully clothed and sits comfortably in a specialized therapeutic chair. The massage reduces muscle tension and calms the nervous system. Licensed Massage Therapist, Karen Tripp will be on hand from 9:00 a.m. to 10:00 a.m. at the November 16th wellness clinic. If you would like to try a “chair massage”, mini sessions will be offered for \$5.00 on a first come, first served basis.

**SOJOURN BEAR PROJECT**

For those of you who helped make sojourn bears in the past, classes will start up again on Monday, November 15, 2004. If you aren't familiar with this project, a sojourn bear is an original, handmade teddy bear made by caring volunteers to be distributed to cancer patients everywhere to help provide comfort during a very difficult time. If you'd like to be a part of this worthwhile project, come and join us on November 15th. These sessions are held in the Lincoln Village Community Center from 10:00 a.m. to 12:00 noon. We can always use people to help sew, cut and stuff these adorable teddy bears.

**LET'S GET PHYSICAL**

Exercise Classes are held on Monday and Wednesday mornings at 9:00 a.m. in the Lincoln Village Community Center. Classes just \$2.00.

**LINE DANCING**

Line Dancing Classes are held on Thursday mornings at 10:00 a.m. in the Lincoln Village Community Center. Lessons only \$2.00. Come on out.

**TAI CHI**

Tai Chi classes are held every Friday at 9:00 a.m. in the Lincoln Village Community Center. Did you know that Tai Chi is a fun way to help you maintain or regain your balance and posture? This is a great way to help prevent osteoporosis! Why not think about adding Tai Chi to your regular weekly exercise program? Classes only \$3. It's a fun way to exercise!

**SILVER SCREEN CLASSICS**

Don't miss this month's Silver Screen Classic! On Tuesday, November 2nd, at 1:00 p.m., “Drums Along the Mohawk” starring Henry Fonda and Claudette Colbert, will be the feature presentation. Admission cost is only \$1.00 and includes coffee, snacks, popcorn and soda. This movie will be shown at Showcase Cinemas 1 through 10, Route 114 in Seekonk, MA. Get there early!

**SENATOR PACHECO  
AT LINCOLN VILLAGE**

Senator Mark Pacheco, or a representative, will be at Lincoln Village on Thursday, November 18th, from 1:00 to 2:00 p.m. If you have any needs or concerns that his office can help you with feel free to stop by.

**SHIFTING GEARS**

“Shifting Gears” is a free, hour-long presentation offered by the Registry of Motor Vehicles which addresses the many issues facing elder drivers. This presentation will include information on the warning signs of unsafe driving, safety tips for drivers, suggestions for families dealing with unsafe drivers, and information on how to obtain disabled plates and placards. In addition to identifying the most dangerous driving maneuvers for elder drivers, the presentation helps drivers assess their abilities, raises the issue of surrendering one’s license, and offers suggestions on how to ease the transition from driving to being a passenger. This presentation will be held on Monday, December 6, 2004 at 10:00 a.m. in the Lincoln Village Community Center. We are hoping to have at least twenty in attendance, so if you plan on joining us please call 508-823-0095 by November 30th to register.

**FUEL ASSISTANCE**

If you are in need of fuel assistance and would like to apply, appointments can be made by calling Citizens for Citizens at 508-823-6346

**S.H.I.N.E. UPDATE  
ATTENTION MEDICARE  
BENEFICIARIES**

Blue Cross/Blue Shield is having a Special Open Enrollment for their Medicare Supplement product—MEDEX. Medicare beneficiaries can call Medex at 1-800-678-2265 for an application. The special enrollment begins November 1st and ends December 31, 2004. Coverage will be effective January 1, 2005. For more detailed information please see the enclosed insert or call SHINE at 1-800-243-4636.

**HOLIDAY GIFT SUGGESTIONS**

Stumped for what to get that certain someone this Christmas? Here are a few gift ideas:

- ♦ A poem or letter describing how much that person means to you.
- ♦ An offer to do some mending for them.
- ♦ A Hand-printed dinner invitation.
- ♦ A donation to a charity or cause in their name.
- ♦ Gift certificate to a favorite restaurant (Include a date)
- ♦ Pre-addressed and stamped envelopes with note cards and pen, or just a roll of stamps.
- ♦ A bird feeder to hang on a window and an offer to refill it on a regular bases.
- ♦ Warm socks
- ♦ Slippers with non-skid soles
- ♦ Sweaters that can be laundered.
- ♦ A 2005 calendar that ties into their interest
- ♦ A lap quilt
- ♦ Tupperware containers filled with single serving frozen meals.
- ♦ An offer for a day of house cleaning, including laundry.
- ♦ An invitation for a leisurely day out to enjoy an activity of interest to them.

There are so many ways we can give that need not cost a fortune and may be appreciated even more.

# November 2004

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) <b>Exercise @ 9:00</b> Walking Club at Town Hall Whist	2) Walking Club at Town Hall <b>Silver Screen Classic</b>	3) <b>Exercise @ 9:00</b> Pokeno, cribbage 1pm	4) Walking Club at Town Hall <b>Line Dancing @ 10</b>	5) Walking Club <b>Tai Chi @ 9:00</b> <b>Lincoln Village</b>
8) <b>Exercise @ 9:00</b> Walking Club at Town Hall	9) Walking Club at Town Hall	10) <b>Exercise @ 9:00</b> Pokeno, cribbage 1pm <b>Veterans Lunch at Prime Time</b>	11) <b>Closed</b> <b>Veterans Day</b>	12) Walking Club <b>Tai Chi @ 9:00</b> <b>Lincoln Village</b>
15) <b>Exercise @ 9:00</b> Walking Club Whist <b>Sojourn Bears</b>	16) Walking Club <b>Wellness Clinic</b> <b>Blood Pressure Clinic</b> <b>Massage Therapy @ 9</b>	17) <b>Exercise @ 9:00</b> Pokeno, cribbage @ 1:00 pm at L.V.	18) Senator Pacheco <b>at Lincoln Village</b> <b>1:00</b> <b>Line Dancing @ 10</b>	19) Walking Club <b>Tai Chi @ 9:00</b> <b>Lincoln Village</b>
22) <b>Exercise @ 9:00</b> Walking Club At Town Hall	23) Walking Club at Town Hall	24) <b>Exercise @ 9:00</b> Pokeno, cribbage @ 1:00 pm at L.V.	25) <b>Closed</b> <b>Happy Thanksgiving</b>	
29) <b>Exercise @ 9:00</b> Walking Club At Town Hall	30) Walking Club at Town Hall <b>Register for Christmas Lunch</b>	<b>Need transportation?</b> <b>Call Dial-A-Ride</b> <b>(508)823-8828</b>		
			Delicious, nutritious meals at Prime Time. Please call 24 hours in advance for reservations.	<b>DECEMBER 6TH</b> <b>"Shifting Gears"</b> <b>Presentation.</b> <b>Register by 11/30</b>

**Many Services** are available through your local Council on Aging Office. Below are just a few programs available: Mass Health Buy-In Program; Food Stamps; Project Bread's Food Source Hotline; Prescription Advantage Insurance Program; Nutrition Program; Vial of Life Program; RUOK Program; SHINE Program; Legal Assistance; Meals on Wheels; Health Checks and much more. If you have any questions at all concerning elder affairs please do not hesitate to call us at 508-823-0095. We are here to help!

**NOTE: If Dighton schools are cancelled due to bad weather, programs will not be held at the Council on Aging or the Prime Time Adult Day Program. Listen for announcements on your local radio and television stations.**

**Mission Statement: It shall be the mission of the Dighton Council on Aging to promote, evaluate, and encourage new and existing activities and services which will enhance the quality of life of elders living in the Town of Dighton.**

**Dighton Council on Aging**  
**300 Lincoln Avenue**  
**North Dighton, MA 02764**

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